

INSIDE THE ISSUE:

METRO EAST EATS:
READ ABOUT SOME
NEW PLACES TO
EAT AROUND THE
AREA

PAGE 4

SPORTS:
WOMEN'S SOCCER
SETS BAR HIGH FOR
2015 SEASON

PAGE 6

Heightened Security

This Level

Admin Office
Elevator

→ Information
↑ Men's Restr

MUC takes
closer look
to protect its
faculty, students

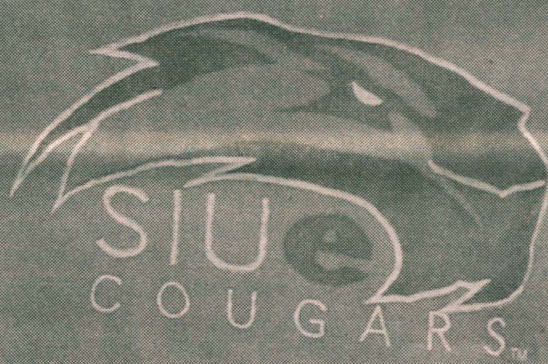


Photo by Caitlin Lally / Alestle

NEWS

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2 // The Alestle

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Wednesday, July 29, 2015

WATCH YOUR STEP

Campus cracking down on crime with new cameras

PUJA MEHTA

Alestle Managing Editor

Several areas of SIUE have used surveillance cameras for about 15 years, but a new policy was passed obligating the university to keep surveillance records for 30 days. According to University Records Management Officer Gary Dunn, the university has a records retention schedule, which says how long the university can keep a record before legally disposing of it.

"For video surveillance records, those types of records were just recently approved by the Illinois state records commission signed off by the Illinois state archivists saying that if the university is creating video tape then they have to have it stored for 30 days at least before they dispose of it," Dunn said. "I'm only concerned about maintaining them for 30 days. They can't get rid of any records before they do that."

Before the policy had been passed, there were only recommendations of how long the university should hold onto surveillance footage. Assistant Director of Campus Recreation Dave Hagedorn said with the new policy came some anxiety about the expense of a camera system that would hold 30 days of records.

"For me, when it changed to 30 days, I was concerned. I had to make some calls to make sure I understood correctly how this needs to be and where's this coming from. I made some calls and said I was worried — it may have some cost implications for

us to meet this standard," Hagedorn said. "I looked into our system and was grateful because I realized when we had made our last round of changes and upgrades to the camera systems and things, we had prepared for expansion, where we might round more cameras in there then we currently have. So in order to do that, we significantly increased the size of the hard drive that everything was being recorded to."

For others at the university, such as Assistant Chief Accountant Jim McDermott, keeping camera footage for the required

thing. When there's no one in there, after x number of minutes, it goes off — that makes the lifespan of the ability to tape greater. Sometimes it will hold for two, maybe three weeks. Other times it will hold it [for] a month."

According to McDermott, many of the ways to control the footage are limited.

"We don't have any ability to change the DVR," McDermott said. "I don't record every frame. We record every fifth frame."

Although 30 days of surveillance footage is difficult to

can be accessed by the police station. [At the Student Fitness Center], they have to come look here to have access."

Despite the fact that various university employees have access to the footage of the surveillance cameras, McDermott said people were not opposed to the safety measures.

"We've never had any problems with people complaining about it," McDermott said. We don't do anything different than like a mall security camera."

Although there have not been many complaints about the surveillance at the university, Hagedorn said employees did have some concerns.

"I've heard some of our staff over different years ask 'Are you going to be watching me?' or 'Are you going to be critiquing me about my job?' We're not permitted to do that," Hagedorn said.

The cameras are not used to spy on employees, but McDermott said they have been used to investigate potential crimes.

"We have had occasions to ask the police department to review the films. And if they found some activity that they thought was questionable, then they would follow up on it. We've never done anything overtly ourselves. That's out of our purview. We wouldn't stop someone if we caught them stealing. We would call the police and let them handle it," McDermott said.

Surveillance cameras have been placed throughout the campus. There are 43 in Morris University Center, according to McDermott. However, more cannot be added without going

through a committee. Hagedorn said the cameras have been placed in specific places.

"Generally, the cameras are in areas that we consider most significant concern. Then there's a couple different concern areas. In some cases, it's safety — being able to see different reaches of spaces that we don't have personnel in or are at a far end of our building — the weight room for example. It was added in 1999 and it is not as easily viewable for personnel observation," Hagedorn said. "There are some cameras in locations where there could be significant cash handling or theft potential. We certainly cannot put cameras in the locker rooms, but at the entries of exists of the locker rooms and the facility, the most common usage is the prevention in those places."

McDermott said the sole purpose of the cameras is for safety.

"[The cameras] are set up to make sure our employees are protected. They're set up at cash registers, so that we can monitor the transactions at the cash registers — in case somebody comes in and holds them up. Then we've got a picture of it," McDermott said. "The only other times we use them is when we know criminal activity is taking place in one of our venues. In other words, if somebody went in the bookstore and stole a book. We want everyone to know that if somebody is going to come in and rob us, their picture is going to be taken."

Puja Mehta can be reached at pmehta@alestlelive.com or 650-3525.

“Any block of the surveillance can be recorded and put onto a different device. It's not hard to isolate something and copy it and let the police take it with them.”

Dave Hagedorn
Assistant Director of Campus Recreation

period of time will be difficult, if not impossible, because once the tapes get full, they write over themselves.

"I can't guarantee 30 days. There's absolutely no way our equipment would go for 30 days. Whenever the DVR fills up, it starts writing over itself," McDermott said. "I've only got so much space. I've got a limitation that I cannot extend; these are all motion activated. In other words, if there's nobody in a particular area where that camera is, it doesn't tape any-

obtain for McDermott, for others it may not seem long enough for incidents to be reported. However, Hagedorn said enough time has never been an issue for police investigations to take place."

"We've always had the window of time we needed. Any block of the surveillance can be recorded and put onto a different device. It's not hard to isolate something and copy it and let the police take it with them," Hagedorn said. "In some parts of the campus, the surveillance

SafeZone holding webinar to address LGBT torment

Speakers

Shane L. Windmeyer, M.S., Ed., Executive Director/Founder, Campus Pride

Shane is a nationally recognized leader in LGBTQ civil rights. He is the author of *The Advocate College Guide for LGBT Students*, which profiles the "100 Best LGBT-Friendly Campuses."

Sean Kosofsky, Executive Director, The Tyler Clementi Foundation

Among other accomplishments, Sean helped introduce and build support for the eventual passage of Michigan's anti-bullying statute (Matt's Safe Schools Law).

Rebby Kern, Media, Communications & Programs Manager, Campus Pride

Rebby also serves as Secretary of the Intercollegiate Adventist Gay-Straight Alliance Coalition, IAGC, and is an Outset Film Fellow through Outfest in Los Angeles.

LGBT Safe Zone Webinar to Be Held At SIUE
*Information by Rex Jackson

JESSICA ORANIKA
Alestle Reporter

Safe Zone and The Office of Institutional Diversity and Inclusion are coming together to host a free online seminar at 1 p.m. Tuesday, Aug. 4. The webinar will discuss strategies to reduce LGBT bullying and harassment.

The Day 1 Campaign, created by the Tyler Clementi Foundation — an LGBTQ organization — will be the center of the webinar, offering ways for teachers, faculty and universities to participate this fall. According to an email sent by Rex Jackson, the goal of the webinar is to build a bully-free workplace.

"Driven by best practices, #Day1 works to prevent bullying, harassment and humiliation

in schools, workplaces and athletic programs before they begin," Jackson said in an email.

The beginning of the presentation will give a history of the Tyler Clementi Foundation. Jackson said Campus Pride would be speaking as well.

"Campus Pride will also share resources on how to create a safer, more LGBTQ-friendly campus and how to engage your campus on LGBTQ issues throughout the year," Jackson said.

The webinar will be held in the Hickory/Hackberry room of the MUC.

All students, staff, and faculty are encouraged to attend.

Jessica Oranika can be reached at joranika@alestlelive.com or 650-3525.

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OPINION

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Wednesday, July 29, 2015

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The Alestle // 3

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All hard copy letters should be typed and double-spaced. Letters should be no longer than 500 words. Include phone number, signature, class rank and major.

We reserve the right to edit letters for grammar and content. Care will be taken to ensure that the letter's message is not lost or altered.

Letters to the editor will not be printed anonymously except under extreme circumstances.

We reserve the right to reject letters.

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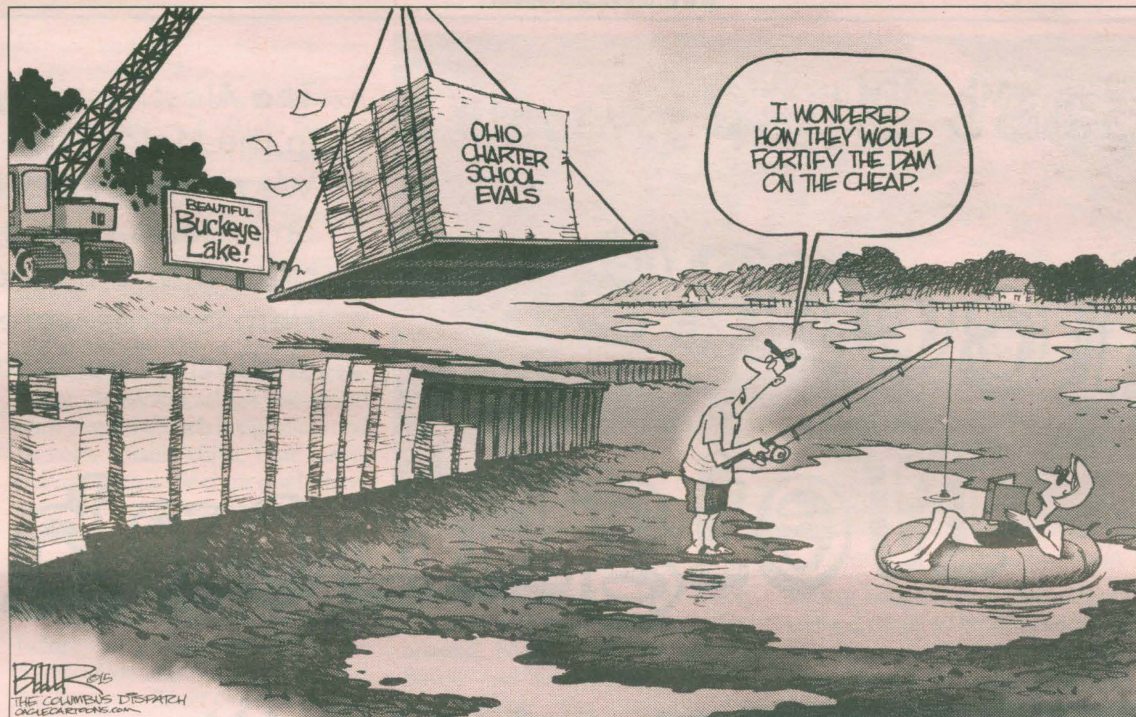
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Time for a change

Cougar Carpool Program will make campus greener

The environment is in peril and we must be a part of the solution. Despite our attempts to make a change, there are several stronger adjustments we can make in our lives, even as college students, that can make a difference.

Staff Editorial

Recently SIUE joined forces with Madison County Transit in hopes of lessening air pollution, traffic congestion and assisting students in transportation by providing student-operated carpooling services.

With the Cougar Carpool Program being introduced to campus, the amount of cars driving on campus is expected to decrease significantly.

With this idea in mind, we are slowing down the process of global warming and with incentives such as half-price green lot passes, designated parking spots in Lots A and E and the

likelihood of forming new friendships, it's hard to pass up.

Another issue this program could prevent is the problem of texting and driving. As we pass others on the road, we notice a significant amount of other students and drivers, on their phones behind the wheel. They swerve, run red lights and pay no attention to what is going on around them. Whether the individual fails to yield at a crosswalk or drives between two lanes, cellphones are a dangerous distraction.

With other students in the vehicle looking over the driver's shoulder on occasion, it's less likely the driver will look at their phone. Also, with the responsibility of keeping other passengers in the car safe, aside from just themselves, the driver will be even more motivated to put the phone down.

According to the Environmental Protection Agency, two-thirds of carbon monoxide emissions nationwide come from transportation, with the largest

contributor being highway motor vehicles.

Granted, there are other options to go green and limit your impact on the environment besides the Cougar Carpool Program, such as monitoring how much you drive each week, cutting down on vehicle usage in general and using a bike or walking to get to and from places. Regardless, all of these options save money and help prevent deterioration of the environment.

If the majority of the campus population were to follow through and sign up for the carpool program, it would likely continue for years to come and generations of students would comply. If you're uncomfortable with riding with strangers, it's just as easy to sign up with friends in a carpool as well.

However, if you live on campus, carpooling isn't an option, considering it's only offered to commuter students, but walking or riding a bike is. Still, if a large fraction of students utilize this program, even more cars will

begin to dissipate from the streets and just maybe our little community could make a difference.

This program is a new opportunity for SIUE students and if we want to pursue sustainability and practice an eco-friendly lifestyle, this is something that we should take advantage of.

Although it may not seem like it, our college careers are short. With that being said, our planet is facing a global warming crisis and is getting worse every day. Therefore, if we want to make a difference, now is the time to act.

We never know how much time we have left or when our planet will inevitably say, 'Enough is enough.' We are the leaders of the future and if we set an example, take into consideration how our lifestyles impact our Earth and do whatever means necessary to make a positive impact, others will follow in our footsteps.

Read more staff editorials at alestlelive.com

Take a breath, meditate your way to a stress-free semester

The fall semester is less than a month away, which for some people may induce a panicked reaction since the long days of summer are dwindling down. School quickly becomes overwhelming with everything we need to do.

Caitlin Lally
Copy Editor/Photographer

Some tend to procrastinate their work, while others take on more projects than they can handle; both of which are habits that can leave us feeling pressed for time, stressed and exhausted.

However, this semester doesn't have to be like the ones before. No matter how busy your upcoming schedule looks like, meditation, or mindfulness, is an excellent practice that anyone can incorporate into their daily routine to alleviate stress and perhaps even find a deeper connection between the mind and body.

Meditation is described as distraction-free awareness, on

healthandyou.com. Tuning in to just one element — your breath, for example — helps collect the scattered thoughts that clutter our minds on a day-to-day basis. It's also important to note that meditation is not clearing your mind of all thoughts, but rather being aware of them in the present moment.

A common misconception about meditation is that it's something only religious people do. While it's true that many religions practice meditating, it's not specific to one spiritual group or another.

In fact, there are different ways to meditate depending on what suits a particular person; for that reason, anyone from any background or belief system can do it anywhere at anytime.

According to The Huffington Post, setting aside some time to sit calmly and quietly produces a wealth of benefits: reduced blood pressure and stress levels, increased concentration — for those need-to-pass exams — greater self-awareness and emotional balance, acceptance of others, and ultimately, happiness.

Some may also have the existing notion that meditation requires a lot of time. An article from Psychology Today suggested beginners start with three to five minutes of silent reflection. As you continue to practice, you can increase your time to six to 10 minutes and so on; however, there are no rules set in stone, so do what you have time for and prefer.

For optimum effects, sit or lay comfortably in a quiet environment where you won't be disturbed. It may help to do light stretching or a few yoga poses beforehand to relieve your muscles. Your eyes can either be open or closed, but focus your attention to the feeling of your lungs slowly filling with air and then compressing. Do this for a few breaths. If your mind starts to wander back to your stressors, try not to criticize yourself and gently redirect your concentration back to your breath.

This is simply one of many methods of meditation known as mindfulness meditation. Various approaches may involve the use of crystals, chanting of mantras, or the

visualization of chakras — or energy centers within the body — but none of these are necessary for a satisfying and relaxing meditative session. Do a little bit of research and find what works best for you. According to Psychology Today, walking can improve concentration and reduce attention diversion, so if sitting still isn't your thing, you can try meditating in motion.

There are even several free apps available for smartphones such as "Calm" and "Stop, Breathe and Think" that offer meditation soundtracks — both guided and open — and record your time that you've spent being mindful. Use this next month to instill a healthy habit that will keep you calm and even-keeled before the pressure of school starts to wear on you. Whether your purpose to meditate is driven by health reasons or spiritual one, sometimes an introspective look at ourselves can reveal more than we'd ever hoped to realize. Namaste.

Caitlin Lally can be reached at clally@alestlelive.com

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LIFESTYLES

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4 // The Alestle

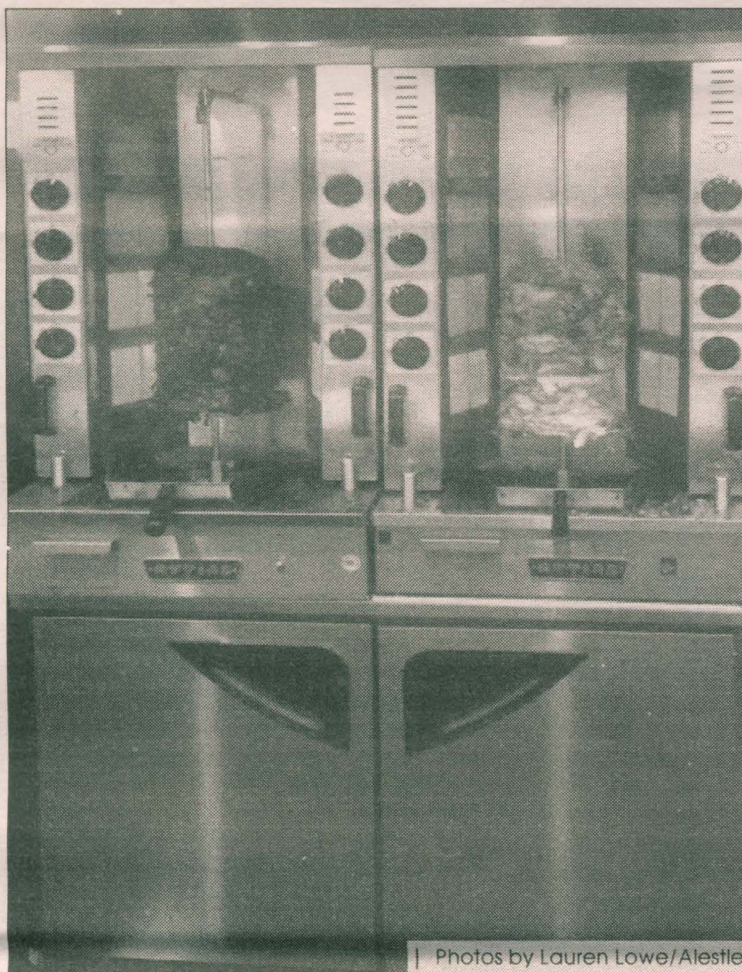
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Wednesday, July 29, 2015

Metro East Eats presents...

Welcome to the Neighborhood

The Alestle staff visited five locations in the Metro East that recently opened. We reviewed each restaurant based on criteria such as service, cleanliness, presentation, food quality, cost and variety. Scores were determined by each staff member's satisfaction.



Photos by Lauren Lowe/Alestle

Tazé Mediterranean Street Food

PRICE: \$\$

ADDRESS: 626 Washington Ave.
#103, St. Louis

DISTANCE FROM CAMPUS: 30 minutes

Atmosphere: 50/50

Menu: 48/50



Put aside the usual American cuisine and invite your taste buds to a new place by eating at Tazé Mediterranean Street Food. Tazé, upon walking in, is a quiet and clean place. The atmosphere has a contemporary feel with simple design and artwork, and the music provides an ambiance that is relaxing.

At Tazé, customers are able to customize their orders as they please and are given a variety of food options such as a shwarma, pita, or rice bowl. You are able to choose your meat of lamb, beef, chicken, or a vegetarian falafel, a choice of greens or saffron rice, sauce, side dishes available were french fries,

tomato and cucumber salad, chickpea salad, quinoa salad, babaganoush, Tabouleh, Roasted eggplant, pearl couscous, and lentil soup and hummus — all built how you like it.

During our visit, we opted to get the rice bowl, so we were able to get a taste of what they had. The saffron rice was cooked just right, the chicken had a nice smokey flavor and the vegetables were fresh and crisp. My favorite part was the caramelized onion and balsamic hummus. The price varies on what you want — it is extra to get a second sauce on the side, but it is worth the money.

Doc's Smokehouse

PRICE: \$\$

ADDRESS: 1017 Century Drive, Edwardsville

DISTANCE FROM CAMPUS: Less than 5 minutes

Atmosphere: 48/50

Menu: 48/50

If you love the greasy, saucy, delicious food that makes America great, Doc's Smokehouse and Catering, located just off campus is a great place to feed your meaty hunger.

Doc's offers award-winning barbecue to the Edwardsville area at a cost that is pretty decent considering the large quantity of food given in each meal. For the most part, every entrée — which is large — comes with an equally immense side dish. Whether it be macaroni and cheese or classic fries, the sides at Doc's go perfectly with any order.

For those looking to try a

barbecue dish with a twist, Doc's offers a wide variety of interesting dishes that might sound disgusting, but end up giving customers a new perspective on what barbecue can be. Along with tacos that occasionally appear on the menu, Doc's cooks up nachos every day. Given that Doc's serves barbecue, these nachos are unlike anything in the Metro East area.

Smokehouse Nachos are handmade with Doc's own tortilla chips, then covered with smoked meat, such as chicken or pork, and are topped with chili, queso and barbecue sauce. The chips are also covered with some

sort of chili powder that adds a smoky taste to the meal.

The overall ambiance of Doc's goes well with what it serves. Doc's looks like an old saloon, where the menu is written on the wall and the delicious smell of smoked meats trickles out of the kitchen to excited customers' noses. While I have had my clothes smell like smoke after leaving Doc's, my most recent visit did not leave me smelling like barbecue.

Doc's is a great place to get your barbecue fix and offers customers fun ways to try classic dishes.



Photo by Ben Levin/Alestle

Gulf Shores Restaurant and Grill

PRICE: \$\$

ADDRESS: 215 Harvard Drive, Edwardsville

DISTANCE FROM CAMPUS: Less than 10 minutes

Atmosphere: 45/50

Menu: 42/50

Last fall, Edwardsville welcomed a new Cajun seafood eatery to the area, Gulf Shores Restaurant and Grill. Although our city is hundreds of miles from the closest ocean, we decided to give it a try.

Upon arrival, statues of the Blues Brothers greeted us outside and after making our way through the doors, a giant tank of luminescent saltwater fish mesmerized us. On a Saturday afternoon, there was a steady lunch crowd, but we were seated immediately by friendly hosts and served drinks within a couple of minutes.

The restaurant was clean and decorated with relics of the Deep South including Mardi Gras beads and masks, fleurs-de-lis, signs for Gulf Shores, Alabama, as well as a large mural of "The Big Easy," A.K.A. New Orleans. Around the perimeter of the ceiling hung college sports banners, mostly big name schools from the South, so unfortunately SIUE was not represented even though the restaurant is in a college town. The Cajun ambiance even extended to the jazzy music playing in the background — something not all theme restaurants take into consideration.

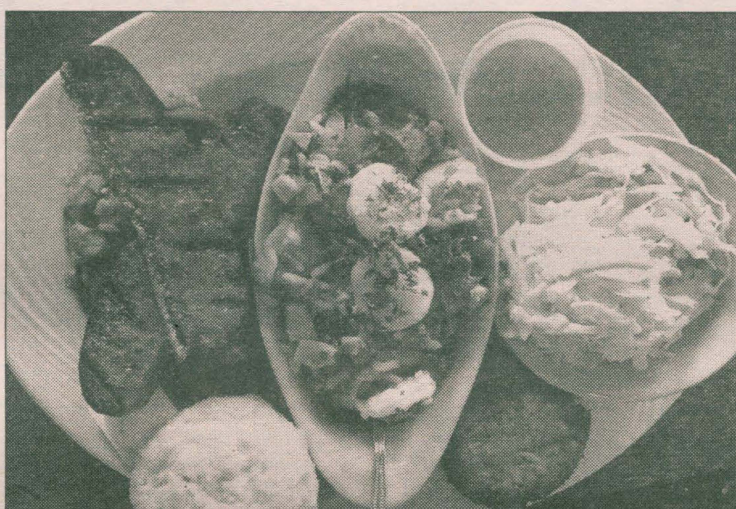
We were impressed by the expansive Southern-inspired menu that included a variety of seafood options from favorites like catfish,

lobster and shrimp to more acquired tastes such as gator, frog and oysters, with everything in between. Just be aware — if you do not like fish, you might have a difficult time choosing something from the menu since just about everything has a pescan ingredient.

Our wonderfully accommodating server recommended we order the house favorite, Hot Crab and Artichoke Dip as an appetizer. We waited about 10 minutes for the warm, cheesy dip, which was served with toasted French bread slices and tri-color tortilla chips. Our server warned us that the chips might have been stale and happily offered to have fresh ones made. We were not too upset though, since the server was taking excellent care of us.

Another 20 minutes passed by before our entrées arrived — the Malibu Coconut Shrimp Salad and the Bourbon Street Combo. Atop a crisp, crunchy bed of greens was sweet pepper, red onion, tomato, mandarin oranges, fried tortilla strips, shredded cheddar cheese and moderately sized coconut-coated shrimp. Accompanied with Dijon dressing and a sweet corn muffin with the perfect consistency, this meal was full of bright, fresh flavors.

The Bourbon Street Combo, comprised of Gulf Shores' home-made jambalaya and crab cake, An-

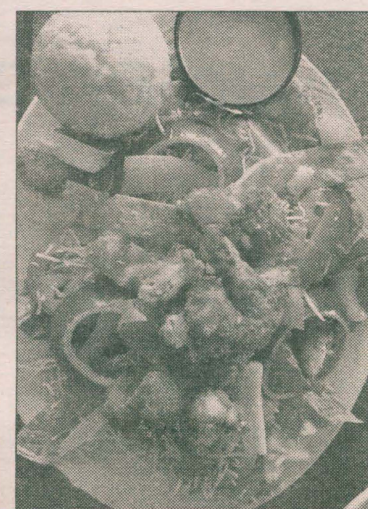


| Photos by Caitlin Lally/Alestle

douille sausage, red beans and rice, coleslaw and a sweet corn muffin, boasted being a "lil' bit of the Bayou" and "just what you'd expect in N'Awlins." The sausage had a good amount of spice to please our taste buds and the jambalaya was jam-packed with vegetables, chicken, more sausage and shrimp, making every spoonful a medley of flavor. The coleslaw was not as creamy as we preferred and compared to everything else, it was pretty mild.

This restaurant is on the pricier side, so it might be a splurge if you are trying to stay within a college

student budget, but considering the seafood needs to be shipped all the way here, the higher cost makes sense. Overall, for being in the Midwest, Gulf Shores Restaurant and Grill definitely has better seafood than you would find at a fast food eatery like Long John Silver's or Captain D's, but if you are from the Gulf Coast or are familiar with authentic Cajun cuisine, you will probably be disappointed. However, if you are just looking for a cool place to eat, the food and atmosphere are different than anything else you will find in Edwardsville.



Brevan's Patisserie

PRICE: \$\$

ADDRESS: 1009 Century Drive, Edwardsville

DISTANCE FROM CAMPUS: Less than 5 minutes

Atmosphere: 45/50

Menu: 40/50



| Photo by Chris Sykes/Alestle

There is no question that the cinnamon roll is among the greatest pastries to eat for breakfast, and Brevan's Patisserie did not disappoint. Brevan's is a new family-owned business in the Metro East and is one of the few pastry shops in the Edwardsville area.

Upon walking in, the atmosphere of the place presents you with that of a warm and inviting home. The comfortable feel will make you want to just take a seat and enjoy a treat. Their dining area was clean and appropriately quiet. Brevan's is an ideal place for families, friends and anyone looking to satisfy their sweet tooth.

Once we made our way through the spacious dining area to the front counter, we were happily greeted by one of the owners as well as their wide variety of mouth-watering desserts and pastries. The service was amazing; we were immediately

served upon entry and the presentation of the food was excellent. We were not familiar with all the desserts, but the server was patient and even assisted us in making a decision. One of the common favorites here among return customers is the chocolate chip cookies and cinnamon rolls, both of which are reasonably priced. Once you take a bite of these desserts, you will taste what makes this place so special. The cinnamon roll wasn't too sweet, and was not bombarded by a large amount of icing compared to many other cinnamon rolls. All of the desserts and pastries are homemade and are made with fresh ingredients. The homemade quality of the food is what makes this place stand out among the rest. If you enjoy desserts — especially cinnamon rolls — you will immediately become a fan of Brevan's Patisserie. The service here is great and the food is even better.

Elijah P's Burgers & Brews

PRICE: \$\$

ADDRESS: 401 Piasa Drive, Alton

DISTANCE FROM CAMPUS: 30 minutes

Atmosphere: 34/50

Menu: 42/50

The moment we walked into Elijah P's Burgers & Brews, we were immediately struck by its elegant, yet rustic flare. Set in a restored building in downtown Alton, the setting was full of dark woods and white chandeliers, giving a welcoming and homey feel.

We dined here on a Saturday night, so a bit of a wait was expected. There was an option of outdoor seating, but with a separate waiting list inside and outside it became slightly confusing and seemed to prolong the wait time. Around 20 minutes after we arrived, we were seated inside at a very small two-person table.

The problem arose when we were not served drinks or even greeted by a server for another 15 minutes. It seemed there was a 15-20 minute wait between times we saw our server — we saw the busboy more than waiters on our side of the restaurant. Aside from the exhausting wait time, the wait staff was rather friendly.

As for the menu, it had the perfect variety of not only burgers, but sandwiches as well. It had just the right amount of options to not overwhelm us with choices. As an appetizer, we had pretzel sticks served with mustard and cheese — quite possibly the best we ever had. For dinner,

we each ordered a burger, both of which were nothing special — just a typical meal with fries you would get from any burger restaurant.

The drink menu had a huge variety, and the cost was comparable to other bars in the area. In addition to seasonal and local beers, they had a wide range of scotch and wine as well.

Overall, the food was fairly good quality for the price. The service could be vastly improved upon due to the apparent understaffing. However, the atmosphere sealed the deal and encouraged us to return on a less hectic night.



| Photo by Caitlin Grove/Alestle

SPORTS

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6 // The Alestle

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Wednesday, July 29, 2015

Women's soccer hopes to repeat 2014 success

BEN LEVIN

Alestle Interim Editor-in-Chief

The 2014 season for the women's soccer team was a historic one that saw the Cougars win its first Ohio Valley Conference title and make the NCAA Tournament.

The fairly young team will be without last season's top goal scorer, Michelle Auer, and key outside defender, Samantha Jones, both of whom graduated last year.

Head Coach Derek Burton said he is not scared of what the offense will look like without its top forward from last season, due in part to its recent triumphs.

"We have a lot of returners, which is obviously a nice thing, especially when you're returning from a successful season," Burton said. "To have a good amount of players that have that experience of winning and achieving under their belt is huge."

Burton said reaching the NCAA Tournament last season not only helps as a recruiting tool to bring in new players, but also as a way to reinforce what his current athletes should be looking to as an objective.

"It's one thing to have goals and at times there might be within players themselves a thought of, 'Is this goal realistic? Is it something we can actually achieve or are we setting goals that are beyond our reach just because it sounds good?' I've known for a couple years now that those goals weren't beyond our reach, but now the players really know it," Burton said. "To me, that's the exciting thing is to have high expectations and to know we have what it takes to get there."

Essential returners to the 2015 team include seniors goalkeeper Jennifer Pelley and midfielder Cassidy Sherman. Both were team captains last season named to the All-OVC second team.

Burton said the winter has not been easy on the senior leaders, or the rest of their teammates, but he wants to make sure everyone is ready to start the season strong.

"We have just a great group of athletes here that have high expectations, and we set a goal from December or January on where we were past the end of our season to not rest on our laurels. If anything, they had the most grueling off-season that they've ever had because of that," Burton said. "We wanted to make sure the point was made that there's no reason to get full of yourself; nothing's going to come easy. If anything, it's going to be hard because teams in our conference will expect more from us."

Also critical to the Cougars' 2014 success was the freshmen class. Forward Emily Grahl and midfielder Marissa Vollmer, both now sophomores, were named to the All-OVC Newcomer team and will be expected to play a larger role offensively.

Burton said getting the young players the chance to experience the Cougars' off-season regime was important for the upcoming season.

"We had nine freshmen this year who experienced the off-season for the first time, so it was something new for them," Burton said. "Being the younger players and not having experienced that type of off-season, we saw a lot of big gains from them."

Hoping to see the same level of achievement from this year's freshmen class, Burton and his staff have brought in five first-year players. Included among them is defender Taylor Reynolds, who won three state titles at Saint Thomas Aquinas in Overland Park, Kan. and won All-Great Region honors by TopDrawerSoccer.com.

For Burton, seeing the freshmen play has been fun, but getting to know them is even more important to him and his staff.

"[The incoming freshmen] are all quality players and great kids who really fit the mold of our team and the culture of our team," Burton said. "With great personalities and work ethic, they've been around and committed to us for a long time so they really know what to expect. I have seen them play for awhile, so I know they are really talented players, but I might be most excited about what kind of people they are because that's a big part of the success we had last year."

One of the biggest things Burton has been pushing in the off-season is the team's ability to score on the counter, using the speed of a wing player, such as Grahl, to catch the opposition off guard.

"On the physical side of things, with our off-season conditioning program, [the players] did a lot of work on their speed and explosiveness, first-step quickness – those kind of things," Burton said. "Especially before we could go outside, we spent January and February this year inside."

According to Burton, another side of the ball the team has focused on in the spring is the team's defense, where the



Senior midfielder Cassidy Sherman fights off an Austin Peay player in a game during the 2014 season. Sherman, along with senior goalkeeper Jennifer Pelley, returns this season as a captain. | Alestle file photo

Cougars will be without a senior field player on defense during the 2015 season.

"When we got outside and we could train again for five or six weeks in the spring with games that are essentially practice games, we worked on specific things that might seem minor but will bode well for us in the fall," Burton said. "Really, our team's defensive work and the way that we play defensively starts individually, so we did a lot of individual work. Then we

grew that into how we approach the game defensively as a team."

The women's soccer team's first game of the year is an exhibition game at 1 p.m. Saturday, Aug. 15, at Korte Stadium against Loyola University. The Cougars open the regular season on the road at 3:30 p.m. Friday, Aug. 21 in Bloomington, Ind., against West Virginia University.

Ben Levin can be reached at blevin@alestlive.com or 650-3524.

2015 Women's Soccer Schedule announced on Thursday, July 2

Bold: Home

Italics: Away

* Conference

** Exhibition

Aug. 15 1 p.m.

**** Loyola**

Aug. 21 3:30 p.m.

West Virginia

Aug. 23 1:30 p.m.

Indiana

Aug. 28 7:30 p.m.

Tulsa

Aug. 30 1 p.m.

Oral Roberts

Sept. 4 7 p.m.

UTC

Sept. 6 1 p.m.

Chicago State

Sept. 11 7 p.m.

SLU

Sept. 13 1 p.m.

Western Illinois

Sept. 18 7 p.m.

Missouri State

Sept. 25 6:30 p.m.

**Southeast Missouri*

Sept. 27 1 p.m.

**UT Martin*

Oct. 2 7 p.m.

***Jacksonville State**

Oct. 4 1 p.m.

***Belmont**

Oct. 9 7 p.m.

***Morehead State**

Oct. 11 1 p.m.

***Tennessee Tech**

Oct. 18 1 p.m.

***Eastern Kentucky**

Oct. 23 3 p.m.

**Murray State*

Oct. 25 TBA

**Austin Peay*

Wong's slam, Molina's health highlights another winning night for Cardinals

David Wilhelm
Belleville News Democrat (MCT)

For being such a young player, Kolten Wong has developed quite the penchant for coming through in clutch situations.

Wong's two-out grand slam on a 3-2 pitch from Raisel Iglesias in the fourth inning gave the St. Louis Cardinals a 4-1 win over the Cincinnati Reds on Monday.

"I try to make sure I keep myself under control and put a good swing on it," said Wong, whose 399-foot drive carried into the seats in right. "I think I should try to think the bases are full every at-bat. Maybe that would help. There's something about just being in big situations. I tell myself to control my swing and control everything else."

It was Wong's second career grand slam, and his 11 homers are tied with Randal Grichuk for second-most on team behind Jhonny Peralta's 14. Wong hit a 14th-inning walk-off homer on May 3 to beat Pittsburgh 3-2.

"It was one of those where you hit it and you hit it with everything you've got, so if it doesn't go out, it's a tough time," Wong said. "That was everything I had. ... Just judging the trajectory of the ball, I kind of had an idea it was going out. But it was a tough night. It was humid and the ball really doesn't fly, so you've got to make sure you get it, and I did."

Cardinals manager Mike Matheny continues to marvel at Wong's overall development.

"Big at-bat," Matheny said of the grand slam. "He's an exciting player. Everything we're seeing from him right now, offensively and defensively, there's just a few people in the league at that position with that skill set that he has. He's exciting to watch. We're seeing more consistency, and that was one of the things we were

hoping to see as this season went on."

Matheny said Wong has no fear on the field.

"He's not scared of (key situations) There's no question," Matheny said. "He gets in that big spot and he has a lot of faith in himself that he's going to get it done. That typically comes from a guy who's been around a little bit longer than Kolten. But he's done it enough already to validate his confidence there. He's a guy who's maximized his opportunities."

The game had one other key moment.

Lance Lynn (8-5) loaded the bases with no outs in the third, but the Reds managed to score only one run. The inning ended on a 6-4-3 double play, and Wong's blast in the following inning permanently erased the Cardinals' one-run deficit.

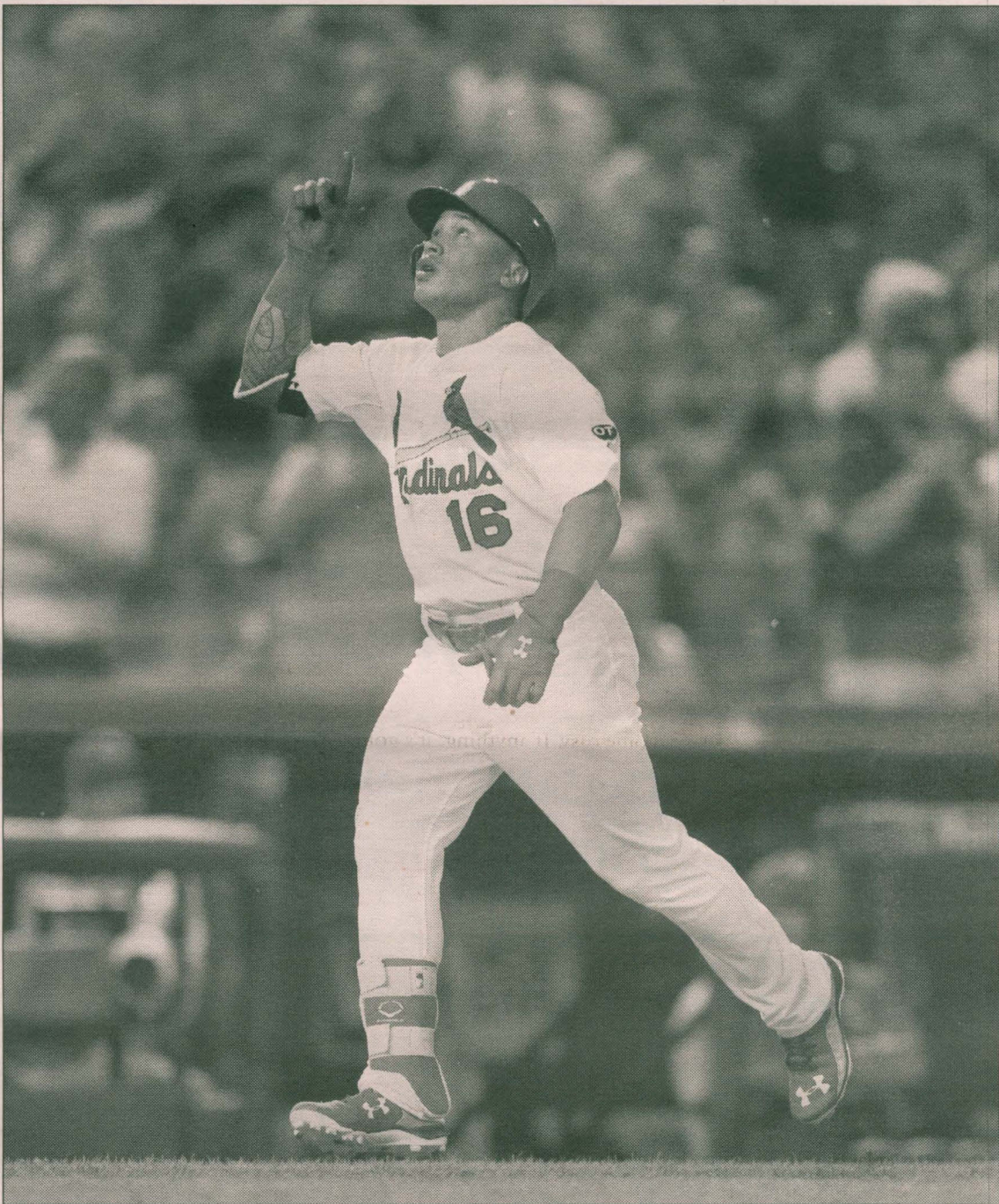
"That's the game right there," Matheny said of Lynn's ability to limit the damage in the third. "Even though a run was given up ... that's a momentum-shifter for us. Kolten pushed the momentum pretty well, also."

Catcher Yadier Molina was lifted for pinch-hitter Tony Cruz in the fifth. Molina said he began to feel ill after being hit in the mask by Todd Frazier's first-inning foul ball. Molina passed a concussion test and was feeling much better after the game.

"After the foul ball, my stomach started feeling bad," Molina said. "I almost threw up. Right now, I feel way better. There's nothing (wrong) with my head. It was just a foul ball. Sometimes when you're a catcher, you're going to get those foul balls. This was one of those."

Lynn didn't have his best stuff, but allowed just the one run on five hits in seven innings. He walked three and struck out five, throwing 115 pitches.

Lynn allowed a single to Brandon Phillips, hit Joey Votto



St. Louis Cardinals' Kolten Wong reacts as he rounds the bases after hitting a grand slam during the fourth inning on Monday, July 27, 2015, at Busch Stadium in St. Louis.

Chris Lee/St. Louis Post-Dispatch (MCT)

with a pitch and walked Todd Frazier to load the bases. Jay Bruce had a sacrifice fly, but Brayan Pena grounded into a 6-4-3 double play. Bruce had been 14-for-28 with three home runs and 10 RBIs against Lynn in his career.

"Bases loaded with a guy that's done damage on me and they only get one," Lynn said. "He hits a sac fly and does his job, but I was able to get the next guy out for two. It was a good inning."

Molina agreed.

"That was the game," he said, adding that the inning "probably" would have gotten away from Lynn in the past. "But right now, he's showing

Alestle Sports can be reached at sports@alestlelive.com

Major League Baseball Standings & Leaders

Team	W	L	GB											
AL EAST				AL CENTRAL			AL WEST							
NY Yankees	56	42	—	Kansas City	60	38	—	LA Angels	55	43	—			
Toronto	50	50	7	Minnesota	52	46	8	Houston	55	45	1			
Baltimore	49	49	7	Detroit	48	51	12.5	Texas	47	51	8			
Tampa Bay	50	51	7.5	Chi White Sox	47	50	12.5	Seattle	46	54	10			
Boston	44	56	13	Cleveland	45	53	15	Oakland	44	56	12			
NL EAST				NL CENTRAL			NL WEST							
Washington	52	45	—	St. Louis	64	35	—	LA Dodgers	56	44	—			
NY Mets	51	48	2	Pittsburgh	57	41	6.5	San Francisco	55	44	.5			
Atlanta	46	53	7	Chi Cubs	52	46	11.5	Arizona	47	51	8			
Miami	41	58	12	Cincinnati	43	54	20	San Diego	47	52	8.5			
Philadelphia	37	63	16.5	Milwaukee	43	57	21.5	Colorado	42	55	12.5			
LEADERS														
Batting Average			Home Runs			Runs Batted In			Wins			Earned Run Average		
M. Cabrera	DET	.350	M. Trout	LAA	31	Goldschmidt	ARI	75	G. Cole	PIT	14	Z. Greinke	LAD	1.37
Goldschmidt	ARI	.346	A. Pujols	LAA	29	N. Arenado	COL	74	F. Hernandez	SEA	12	J. DeGrom	NYM	2.05
D. Gordon	MIA	.338	T. Frazier	CIN	27	J. Donaldson	TOR	68	D. Keuchel	HOU	12	S. Kazmir	HOU	2.24
P. Fielder	TEX	.336	B. Harper	WSH	27	K. Morales	KC	68	J. Arrieta	CHC	11	G. Cole	PIT	2.24
B. Harper	WSH	.330	J. Martinez	DET	27	T. Frazier	CIN	67	M. Buehrle	TOR	11	S. Miller	ATL	2.27
J. Kipnis	CLE	.326	G. Stanton	MIA	27	B. Posey	SF	67	M. Bumgarner	SF	11	S. Gray	OAK	2.30
B. Posey	SF	.324	N. Arenado	COL	25	G. Stanton	MIA	67	C. Heston	SF	11	D. Price	DET	2.31
Y. Escobar	WSH	.322	N. Cruz	SEA	25	J. Bautista	TOR	66	C. Martinez	STL	11	D. Keuchel	HOU	2.32
D. LeMahieu	COL	.319	J. Donaldson	TOR	24	M. Teixeira	NYN	65	C. McHugh	HOU	11	M. Scherzer	WSH	2.33
G. Parra	MIL	.318	A. Rodriguez	NYN	24	B. Harper	WSH	64	M. Wacha	STL	11	C. Martinez	STL	2.34

Letter to the editor:

Options Now offers support for pregnant women

When a woman faces an unplanned pregnancy, many parties take an interest and offer her advice.

Jeremy Plank
SIUE Alumnus & Board
Member, Options Now

As a board member at Options Now in Godfrey, I have discovered that it is often the men that bring the most pressure on a mother to end the life of an unborn child.

Reasons for these pressures run the gamut, depending on the

circumstances of each unique situation.

On July 14, news trickled out of a recording of the senior director of Medical Services with Planned Parenthood, the leading provider of abortion in the United States, discussing ad nauseam techniques used to secure the maximum number of useable organs from a partially birthed baby to be "donated" at certain recoverable prices.

This exchange of money for baby organs reminds me of the stories of backroom

organ profit centers in third world countries, and calls into question Planned Parenthood's stated motives.

Even if it is found that Planned Parenthood is not technically doing anything illegal, it is highly unethical and morally reprehensible for them to expose women to greater risk during an abortion in order to better achieve their goal of harvesting intake body parts, which they clearly admit to in the video.

If you are a pregnant woman experiencing some of

these pressures, you need to know that you are not alone. Options Now provides evidence-based education and medical care, so you can make an informed decision without any pressure or judgment. If you don't feel right about some of the advice you are receiving and want a safe, confidential place to weigh out all of your options, then please know that you can start right here in the Riverbend by contacting Options Now in Godfrey, Ill.

Read more opinions at
alestlelive.com

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A list of summer graduates will be
run in the Oct. 1 issue

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